Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Institutional Feeding Managers Stewards-Chefs-Cooks

LIBRARY
CURRENT SERIAL RECORD
SEP 27 1945
...CULTURE

ATTENTION PLEASE !

Vol. 3, No. 27 July 9, 1945

SALADS FOR INDUSTRIAL WORKERS

Salads have a special appetite appeal in midsummer, because they are cool and crisp. Industrial feeding managers will find this a good time to feature salads on the menu. Cold plates and protein-rich salads should be available on the a la carte menu as an alternate to hot entrees, and they may be used occasionally as the main dish on the special lunch.

Fresh fruit and vegetable salads may be used frequently as accompaniments to the main course of the special lunch in place of a cooked vegetable. A fresh fruit salad may be used now and then, instead of a dessert to vary the menu and to save the scarce sugar supply.

Using Fruits and Vegetables in Abundant Supply

Four useful salad materials are expected to be in abundant supply in July--cabbage, carrots, tomatoes, and peaches.

Carrots are among the most versatile of the salad vegetables. The flavor blends with that of many other vegetables and fruits; they are colorful; and they may be prepared readily by mechanical means.

Shredded carrots may be combined with other materials in salads, for example: Carrot, cabbage, and green pepper; carrots and raisins; carrots and diced apples; carrots and diced pineapple.

Carrot sticks add crispness and vitamin value to cold plates and vegetable salads.

Cabbage lends itself to use alone or in many combinations. Cole slaw is one of the most popular salads when it is crisp, well-seasoned, and served cold.

Shredded cabbage and carrots; cabbage and diced tomatoes; cabbage and diced red apples; and cabbage and diced pineapple are combinations that are well liked. Shredded cabbage also may be used in place of diced celery in meat and fish salads.

Keep shredded cabbage chilled, and add the salad dressing just before serving to prevent the cabbage from wilting.

Tomatoes are probably the most universally popular of the salad vegetables. Sliced tomatoes with lettuce, endive, or watercress; diced tomatoes with cabbage, celery,

(over)

WAR FOOD ADMINISTRATION-OFFICE OF SUPPLY-CCC
Industrial Feeding Section-Room 700-821 Market Street San Francisco, 3, California
Telephone Exbrook 8381-Ex,4

or leafy green vegetables; tomato wedges with sliced cucumbers, or sliced cauliflower; and whole tomatoes stuffed with chicken, fish, or egg salad or with cottage cheese are only a few of the many tomato salads.

Peaches may be combined with other fruits in mixed fruit salads. Orange, pineapple, and peach; pineapple, pear, and peach; orange, diced cantaloup, and sliced peach; and pineapple, banana, and peach are attractive and pleasing salad combinations.

Caring for Salad Materials

Deterioration in the flavor and condition of fresh fruits and vegetables begins almost as soon as they are picked. Refrigeration has been used to retard the spoilage of fresh produce during transportation and distribution. Recently another protection has been provided by food distributors in the application of a wax coating to certain fruits. Waxing limits the amount of air that comes in contact with the fruit, the rate of moisture evaporation, and has been shown to be effective in preserving the vitamin C content. Waxing is at present most widely used on oranges.

At the industrial feeding establishment the care of salad materials should begin when the food is received. After it has been checked for quality and condition it should immediately be put into the refrigerator. The temperature for the refrigeration of salad vegetables should be about 40° F. Fruits which require further ripening should be held outside of the refrigerator at room temperature and checked frequently until they reach prime ripeness.

Preparing Salad Materials

Lettuce cups from head lettuce--Cut out center core, run cold water at a fairly good force into the open center and gently separate the leaves.

Celery curls--Scrub with vegetable brush and remove discolorations, cut crossways into 4-inch lengths, and then make two or three lengthwise cuts at one end, Place in iced water in the refrigerator until the ends curl, then drain off the water.

Carrots--Cut in small enough pieces to be eaten easily. Strips cut lengthwise of the carrot keep crisp when chilled.

Cauliflower--Cut or break into flowerlets or slice across the flowerlets.

Cucumbers--Slice peeled or unpeeled, dice, or cut in long wedges. Cucumbers and other vegetables should not be soaked in salt water or in vinegar.

Turnips and rutabagas--Dice or cut in long strips or slices.

Celery cabbage--Cut in 3/4 inch slices across the stalk.

Endive and watercress--Wash and trim carefully to remove discolored leaves and foreign material.

Cabbage--Shred in a mechanical chopper or slicer, or by hand. Cut rather than crush the vegetable into shreds just fine enough to be eaten with ease.

Melons--(1) Separate the edible part from the rind and dice into 3/4-inch cubes, or (2) cut the melon in half, remove seeds, and cut the flesh into balls, using French ball cutter.

Peaches--Place peaches in a colander and dip into hot water until the skin is loosened. Chill with running cold water before removing the skin. Slice peeled Freestone peaches through the flesh of the fruit to the seed, holding the peach together until cuts have been made all the way around. Then in a twisting motion, slip the peach slices free from the stone.

Cut fruit--To avoid the browning of the fruit tissue during the preparation, pour a solution of citrus fruit juice or of pineapple juice over the fruit. Another method of preventing discoloration of fresh fruits is to use a solution of ascorbic acid, in the proportion of 1/3 ounce to 1 gallon of water.

POST THESE RULES IN THE SALAD SECTION

Rules for Preparing Salads

1. Use sound fresh fruits and vegetables for salad making. Choose fruits at their prime ripeness for fine flavor and color.
2. Begin preparation as near serving time as possible.
3. Have good tools, such as a clean vegetable brush, sharp knives, and special cutting boards, and keep them in good condition for salad preparation.
4. Wash salad materials with special care since the foods are eaten raw.
5. Place vegetables that need freshening in very cold or iced water, only until crisp. Do not place sliced or diced vegetables in water. Drain vegetables well before using them.
6. Chop or cut salad materials into pieces of uniform size and take care in cutting and chopping vegetables not to crush them.
7. Handle prepared salad materials gently. Toss mixed salads together lightly.
8. Arrange the salads neatly on chilled plates, using an assembly line method for speed.
9. Add salad dressings to salads just before serving them since dressings tend to wilt the vegetables.
10. Keep salad materials and finished salads refrigerated at all times except during actual handling.

(over)

Special Lunch Menus for July

1.

Frankfurter
Creamed new potatoes
Creole cabbage
Enriched bread with butter or fortified margarine
Fresh raspberry roll
Beverage

2.

Salad plate:
Tomato stuffed with cottage cheese
Marinated vegetable salad (cooked peas, carrots, lima beans)
Potato chips
Enriched rolls with butter or fortified margarine
Raisin bread pudding
Milk

3.

Lamb stew with vegetables
Spiced beet salad
Whole-wheat bread with butter or fortified margarine
Fresh peach and oatmeal cookies
Beverage

4.

Cream of tomato soup
Stuffed egg salad
Cole slaw
Whole-wheat rolls with butter or fortified margarine
Cherry pie
Milk

5.

Fried fish with tartar sauce
Parsleyed potatoes
Baked whole tomatoes
Enriched bread with butter or fortified margarine
Orange sherbet
Beverage

6.

Pot roast of beef
Browned new potatoes
Carrot and celery salad
Enriched bread with butter or fortified margarine
Fruit cup
Milk

7.

Scrambled eggs
New potatoes in jackets
Fresh buttered spinach
Whole-wheat bread with butter or fortified margarine
Cottage pudding with fresh fruit sauce
Milk

8.

Ham salad
Sliced cucumbers
Potato chips
Enriched rolls with butter or fortified margarine
Peach cobbler
Milk

9.

Baked macaroni and cheese
Buttered broccoli
Sliced tomato salad
Whole-wheat bread with butter or fortified margarine
Frosted cup cake
Milk

10.

Cold pressed veal loaf
Baked potatoes
Buttered green peas
Enriched bread with butter or fortified margarine
Baked custard with maple syrup
Milk

11.

Baked fish fillets with lemon sauce
Mashed potatoes
Tomato, cucumber, and green onion salad
Enriched bread with butter or fortified margarine
Fruit gelatin
Beverage

12.

Broiled lamb patties
Creamed new potatoes
New beets and greens
Whole-wheat bread with butter or fortified margarine
Jelly roll
Beverage